

UC CalFresh Weekly Update April 20, 2015



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- * Funding Opportunity: Kids in the Game GO! Grant, Deadline: June 1, 2015

Upcoming Events & Deadlines



APRIL 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

4/17/15 FFY 2016 Curriculum & Branded Nutrition Education Reinforcement Items Survey Due

A survey was distributed to County Advisors and/or Program Supervisors regarding statewide orders of curriculum and branded nutrition education reinforcement items. Questions regarding this survey can be directed to **Tammy McMurdo** (timcmurdo@ucdavis.edu) and **Rolando Pinedo** (rgpinedo@ucdavis.edu).

4/21/15 UC CalFresh Town Hall Webinar Cancelled

The UC CalFresh Town Hall Webinar for April has been cancelled. The date of the next UC CalFresh Town Hall webinar will be sent via e-mail. Please stay tuned for additional information.

4/24/15 Site Change Requests due to UC CalFresh State Office

Please send your completed site change request to Jennifer Quigley (jaquigley@ucdavis.edu) by **Friday, April 24, 2015**. Please note, this is the last date to submit site change requests for FFY 2015.

4/27/15 NEOPB Stakeholders' Meeting, 9:30 AM-12:30 PM

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) has announced preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. The Meeting is scheduled for Monday, April 27, 2015 from 9:30 AM to 12:30 PM in Sacramento, CA. Please visit the [stakeholders' webpage](#) for additional information.

4/30/15 FFY 2016 Draft UC CalFresh Budgets Due to UC CalFresh State Office

Draft copies of county UC CalFresh budgets for FFY 2016 are due to the UC CalFresh State Office by 5:00 PM on April 30, 2015. Please ensure you are reviewing your budgets in detail. Please contact **Jennifer Quigley** (jaquigley@ucdavis.edu, (530) 754-4137) if you have any questions.

4/30/15 Draft County FFY 2016 Integrated Work Plans Submitted via SharePoint

A draft copy of the County FFY 2016 Integrated Work Plan should be submitted via SharePoint. County Work Plan Coordinators (WPCs) are responsible for submitting copies of the Work Plans.

5/15/15 Q2 UC CalFresh Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

FFY 2015 Q2 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, May 15, 2015**. Please contact **Jennifer Quigley** (jaquigley@ucdavis.edu, (530) 754-4137) if you have any questions related to your workbooks.

UC CalFresh Weekly Update: April 20, 2015

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cal fresh Nutrition Education

<http://www.uccalfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

"This class has helped me be more aware of ingredients in my food choices and how to calculate to see when I am getting too much.

[Also] how to read nutrition facts and shop smarter."
—Plan, Shop, Save, Cook Participant, Tulare County

"This was a very good class. I learned about saving and healthy foods and how to make sure to incorporate every meal."

—Plan, Shop, Save, Cook Participant, Riverside County

Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.



Natalie Alfaro-Perez, Community Education Specialist 2, UCCE Amador Cluster

UCCE-Central Sierra welcomes Natalie Alfaro-Perez as their newest family nutrition educator! Natalie will be based at the UCCE Amador County office in Jackson and working in the UC CalFresh Nutrition Education Program. Natalie is a recent graduate of California State University, Sacramento with a degree in Health Science/Community Health Education. She has been working with the American Red Cross in community education for the past year. Natalie will be serving primarily in Amador and Calaveras counties and will be utilizing her bilingual skills to serve the Spanish-speaking community members. Natalie can be contacted at nalfaro@ucanr.edu.



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>

Mile-A-Day March, Gerber Union Elementary School District, UCCE Shasta Cluster

Hundreds of students in the Gerber Union Elementary School District recognized National Nutrition Month by choosing healthy foods and completing one mile per day. Throughout March, nearly 400 students, pre-K through eighth grade, started their school day on the track. "We believe that students perform better academically and behaviorally when they are active and moving," Gerber Union Elementary School District Superintendent Jenny Marr said. Some students ran, others opted to walk, but strived for 31 miles over 31 days. To complement the physical activity, the district has partnered with UC CalFresh to incorporate nutrition into daily lessons. "[We] show teachers how to use nutrition in math, science, English," UC CalFresh Nutrition Educator **Roxanne James** said. Once a month, the school has a Fresh Friday, where students are introduced to new fruits and vegetables. March's choice was a kale veggie smoothie. "We have a classroom rule, where we bring something new for them to try, there's no 'ew', no 'gross'," James explained. James says the kids can be skeptical at first, "but they try it and they love it! It's all about introducing vegetables in ways they might not thought they would like it." The school has also expanded their lunch menu, providing a salad and fruit bar. "Some kids never got salad bar or they didn't eat," seventh grader Audrey tells Action News. "And now, they get salad bar, because they acknowledge that they need to eat healthier." When heading to lunch, James suggests students select a whole grain, fruit and vegetable. She also encourages parents to motivate kids to exercise every day. [Click here](#) to check out the students in action!

A Splash of Color Encourages Healthy Choices at Ferris Spanger Elementary School

One of the challenges school lunchrooms face is not only providing healthy food choices, but also encouraging their students to choose to eat those foods. One elementary school in Roseville, CA tackled this challenge with a simple, yet strategic approach—with a touch of color and whimsy, too! Roseville City School District food service director, Rene Yamashiro, and child nutrition specialist, Natasha Baron, turned to the Smarter Lunchroom Movement to learn how to nudge students toward making better choices at Spanger Elementary School. Based out of the [Cornell Center for Behavioral Economics in Child Nutrition Programs](#), a Smarter Lunchroom is one that is designed to help kids choose more nutritious foods, giving them the opportunity to start healthy habits at a young age. The Smarter Lunchroom Movement focuses on small changes that have a big impact and create savvy lunchrooms and healthier students. To get started creating a Smarter Lunchroom, Yamashiro reached out to Shannan Young, a Dairy Council of California SLM technical advising professional, and together they conducted an evaluation of the existing lunchroom using a simple assessment tool—the [Smarter Lunchroom ScoreCard](#). Armed with clear direction from her assessment and clever ideas from the [Smarter Lunchrooms Movement](#) technical advisor, Yamashiro and Baron got to work. To see the changes made to the school's lunchroom, [read full article](#).

The Smarter Lunchrooms Movement of California

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with Lindsay Hamasaki via e-mail: lmhamasaki@ucdavis.edu.

The Smarter Lunchrooms Movement of California Monthly Nudge

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please contact Michele Byrnes at mnbyrnes@ucdavis.edu.

UC CalFresh in Action! (continued)

UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.

UC Delivers

This is a friendly reminder that counties should contact **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submission to Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!

Childhood Obesity Conference Presentation/Poster Submittals

Please e-mail **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office with an attachment of your presentation/poster submitted for the Childhood Obesity Conference. The State Office is interested in keeping track of submittals and acceptances and can assist in any future writing or editing as you prepare for the Conference. We are also able to advocate for your presentation/poster.



UC CalFresh, UC ANR and UC Davis in the News!

Food prices are drought-resistant

Changes being made in California agriculture to cope with the fourth year of drought will have minimal effects on food prices, according to an op-ed in the Wall Street Journal by Daniel Sumner, director of a UC Agriculture and Natural Resources think tank, and co-author Tim York. Sumner leads the UC Agricultural Issues Center, where scientists study such topics as international markets, invasive pests and diseases, the value of agriculture research and development and the rural environment. The reason for drought's lack of impact on produce prices can be traced to the state's geography, water infrastructure and the economics of its agricultural industry, the op-ed says. "The Sacramento and San Joaquin valleys are home to significant production of alfalfa, silage, rice, cotton and other so-called field crops, but are also a major source of fresh produce, including peppers, melons, grapes, oranges, tree nuts and tomatoes. Farmers in these valleys have typically relied on a mix of pumped groundwater and surface water deliveries via both the Central Valley Project—a huge network of dams, reservoirs and canals—and the larger California State Water Project. Most farmers, however, will receive no water from the CVP for the second year in a row, and the SWP is delivering only a fraction of normal allocations. "This, coupled with much higher groundwater pumping costs as more and deeper wells are required, has forced many farmers to shift out of thirsty field crops. But this decreased production has minimal effects on food prices because California accounts for a small share of the supply, or because these crops affect food prices only indirectly. For example, fewer acres of corn silage makes it more expensive to feed milk cows, but the subsequent effect on the price of cheese is small. Fresh produce, which generates high revenue per unit of water consumed, continues to be planted." The authors said the water bond voters passed in November 2014 and new regulations on groundwater use enacted by the state legislature is help, eventually. Some farmers are adjusting planting schedules and shifting crops between growing regions to adapt. Others are rerouting water from annual field crops, which can be left unplanted for a year or two, to permanent crops such as fruit and nut trees. Even if water remains short for the next 10 years, an adequate supply of fresh fruits and vegetables should not be a concern, the authors wrote. "In a global market, produce suppliers from the U.S., Mexico, Chile and beyond compete to keep prices low," they said. [Read full blog article.](#)

SNAP-Ed Site Change Process

Basic Steps to Completing a Site Change Request

1. Review the [Universal Master Site List](#), check to see if the sites included in your request are not currently being served by another SNAP-Ed Partner in your County
2. **Communicate** via email to ALL SNAP-Ed Partners (LIAs) the sites you wish to add
 - a) Receive a **written approval** (email) from each SNAP-Ed Partner
3. Complete a [Site Change Request Form](#)
4. Complete a [Targeting Update Summary Spreadsheet](#)
5. Request Technical Assistance from the UC CalFresh State Office (SIA)
6. Send your **completed request** to SIA **five (5) business days** prior to the end of the month with the following information [**March 25, 2015; April 24, 2015 (last submission for FFY 2015)**]
 - a) Completed Site Change Request Form
 - b) Completed Targeting Update Summary Spreadsheet
 - c) Emails from SNAP-Ed partners indicating communication and approval to request sites
 - d) CC: All LIA SNAP-Ed Partners in your county when submitting this information
- 7) SIA will review the submission and forward on to CDSS for approvals and inclusion in the ATF Universal Master Site List (*this can take up to two weeks after approval*)

For additional information, please visit the [CDPH NEOPB FFY 15 SNAP-Ed Resources Page](#) and/or the UC CalFresh website: <http://www.uccalfresh.org/administrative/targeting-resources>



Painting a More Complete Picture of WIC: How WIC Impacts Nonparticipants

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) helps safeguard the health of nutritionally at risk low-income pregnant, breastfeeding, and postpartum women, as well as infants and children younger than 5 years of age, by providing a package of supplemental foods, nutrition education, and referrals to health care. With Federal expenditures of over \$6 billion in fiscal 2014, WIC is the Nation's third-largest food and nutrition assistance program, trailing only the Supplemental Nutrition Assistance Program (SNAP) and the National School Lunch Program. A comprehensive 2012 review of WIC research conducted for USDA's Food and Nutrition Service—the agency responsible for administering the program—concluded that WIC participation directly impacts the health and nutrition of participants through improved diets (including increased iron density, fewer added sugars, and a greater variety of foods) and greater use of health care services. WIC can also indirectly impact the food choices, diet, and health of nonparticipants, through its effects on retail food stores and food manufacturers. To paint a more complete picture of WIC, ERS researchers looked at some of the indirect effects of WIC on nonparticipants. [Read full report.](#)

Agriculture Secretary Tom Vilsack Proclaims April 2015 National Garden Month

Agriculture Secretary Tom Vilsack has declared April National Garden Month. Throughout the month, USDA will celebrate the contributions of home, school, and community gardens in providing healthy food for the table; pleasant surroundings and recreational benefits for people; and beneficial habitat for wildlife across the Nation. "National Garden Month is an opportunity to learn more about USDA's People's Garden Initiative begun in 2009," said Secretary Vilsack. "Today, 2,116 People's Gardens thrive on public and private lands across the United States and its territories and in 12 foreign countries. These People's Gardens serve as models for uniting individuals, groups and neighborhoods in a common effort to benefit communities, promote food security, utilize sustainable practices, help mitigate pollinator habitat loss, and address environmental issues." In addition to being beautiful, gardens provide a positive setting for pollinators, such as bats, bees, birds, butterflies, beetles and other animals that contribute substantially to the economy and play a role in keeping fruits, nuts and vegetables in our diets. [Read full Press Release.](#)

How MyPlate Inspired One California Student to Make a Difference on her College Campus

After becoming a [MyPlate on Campus Ambassador](#) in 2013, [California State University, San Bernardino \(CSUSB\)](#) student and Nutrition and Food Sciences major Sitoya Mansell was inspired to create a nutrition program for students on her campus. Coming to college is a major transition for many students, and Sitoya saw the need to guide students in making healthy choices in their newly independent lives. With the assistance of the DPD Director of Nutrition and Food Sciences and the Office of Residential Living, a nutrition education program called the Residential Nutrition [Wellness Program](#) (RNWP) was created for students living in campus housing and dormitories. The CSUSB Residential Nutrition Wellness Program focuses on students who are no longer living at home with parents, and are just beginning to learn how to shop for and cook their own meals. Living on campus, many students have access to convenience, or fast foods that they may not realize are poor nutritional choices. Students are faced with the challenges of a busy schedule, access to minimal cooking facilities, and a completely new routine. The RNWP seeks to educate them about making healthy choices now, to avoid unwanted consequences later on in life. The goal of the RNWP program is to improve the eating habits of students who live on campus through fun, interactive workshops and health fairs. RNWP's objective is to make sure that students have the information they need to help them make choices in their daily lives that will keep them feeling energized, and motivated to succeed. Incorporating [MyPlate](#) and the [10 Tips Nutrition Education Series](#), the program provides students with practical tips and tools to promote a healthy lifestyle. Partnering with CSUSB's Nutrition Student Association, local food banks, on campus dining, the local public health department, 2-1-1 services, California Dairy Council, and SNAP, the RNWP has been successful in helping hundreds of students learn about nutrition. [Read full blog article.](#)

New Release of Map the Meal Gap 2015

What does hunger look like in your community? For the past five years, Feeding America's unique research study *Map the Meal Gap* shows that hunger affects every part of the United States. Take a look at our interactive map where you can zoom into your community and see the scale of hunger where you live. Hunger is a solvable issue and the first step is to understand how it affects everybody. The maps reflect 2009-2013 data, and will be updated every year with new data. Feeding America first published the Map the Meal Gap project in early 2011, with the generous support of the Howard G. Buffett Foundation and Nielsen, to learn more about the face of hunger at the local level. In August 2011, with the support of the ConAgra Foods Foundation, child food insecurity data was added to the project. To view the map, please visit: <http://map.feedingamerica.org/>.

What happened to lunch? New study shows skipping lunch common in children

According to new analysis of data from the 2009-2012 National Health and Nutrition Examination Survey (NHANES) that evaluated eating patterns of 3,647 children ages 4-13 years, skipping lunch is a common practice among children and adolescents, with 13% of younger children and 17% of 9-13 year olds skipping lunch on a given day. The study found that the behavior persisted throughout the week with nearly a quarter (approximately 23%) of 9-13 year olds skipping lunch on the weekends. These findings were presented at a poster session entitled "What Happened to Lunch? Dietary Intakes of 413 Year Old Lunch Consumers and Non-Consumers in the United States" at the American Society of Nutrition conference. These findings are of particular concern given that lunch skippers had lower intakes of nutrients, including calcium and fiber, than lunch consumers. In addition, the data show that for some children, the lunch meal was primarily responsible for the higher essential nutrient intakes of vitamin D, potassium and magnesium, as well as a nutrient concern, sodium. [Read full article.](#)

Preventing Obesity One Exergame at a Time

Video games are not normally a form of entertainment that most would associate with getting kids up and moving, but a growing segment of the gaming industry does just that. These games are called "exergames," and involve physical activity as opposed to pushing buttons on a controller. PreventObesity.net Leader Dr. Amanda Staiano is a researcher with Pennington Biomedical Research Center in Baton Rouge, Louisiana, who has been doing extensive research into the health and wellness benefits of exergaming for the past several years.. "Exergames shot up to the top of the list of most popular video games, and we see that kids who don't normally identify themselves as 'gamers' are gravitating toward these exergames," Dr. Staiano said. "Teen girls on average play video games for six hours a week. If those hours were spent being physically active, then these girls would have no trouble meeting the physical activity recommendation of one hour each day." Additionally, exergames may be a good alternative for kids who live in areas that can be unsafe for outside physical activity, or during times of inclement weather. One of Dr. Staiano's studies was performed in a part of Washington, D.C. where parents didn't feel safe allowing their children to play outside, partly due to the lack of parks and outdoor play areas. And, the study was performed during a winter when the area saw more than 20 inches of snow. "Having exergames in the home can help kids overcome many of the barriers to being physically active," she notes. [Read full article.](#)

Getting Students to Eat Vegetables Is Surprisingly Simple

It's the puzzle that's confounded parents for years: How do you get kids to eat their vegetables? The L.A. Unified School District tried their best in 2011 by offering students a new menu full of wholesome food. Unfortunately, a subsequent study by UCLA showed that the effort was a grade A flop. So, what can we do? Apparently, the answer is simpler than we thought. Dr. Traci Mann is a professor of psychology who studies health and eating at the University of Minnesota. Recently, her lab released a study that offers creative, yet simple, solution: Offer vegetables before the students get to eat any other food. Turns out, this method works. Efforts to get kids to eat vegetables by telling them how important it is and telling them about nutrition hasn't worked that well. It worked a little, but not nearly enough. The backbone of Dr. Mann's project was to serve kids their vegetables first in isolation, not with other foods, when they're at their most hungry. It they completed this in two different ways. One way was in school where the kids go to their lunch table before getting their food. They sit at their tables and the tables are called up one by one. While the kids were sitting at their lunch table, [they] just put baby carrots on the table at each place. By doing that, it went from 10% of kids eating carrots, to 54% of kids eating carrots, and the amount of carrots in grams quadrupled. [Read full article.](#)



Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>



USDA Farm to School Celebrates World Health Day

World Health Day was observed by many last week, including the World Health Organization and USDA. World Health Day is an opportunity to raise awareness about health issues near and far and to take action in our communities to stay safe and healthy. This year's slogan is "from farm to plate, make food safe," so we're highlighting farm to school resources on how going local can be a safe way to procure, prepare, and serve food.

- 1) [Produce Safety Resources](#) from USDA and the National Food Service Management Institute: Includes videos, fact sheets, presentations, and talking points on produce safety topics for school foodservice professionals ranging from school gardens, to food preparation and handling, to produce quality.
- 2) [Checklist for Producers Selling Produce to Local K-12 Schools](#) from the Gretchen Swanson Center for Nutrition: A checklist to facilitate communication about farming practices and food safety between farmers and school food service directors.
- 3) [Verifying On-Farm Food Safety Fact Sheet](#) from USDA and the National Food Service Management: Provides tips to help the school foodservice professionals plan and conduct farm visits to discuss food safety practices.
- 4) [Food Safety Tips for School Gardens](#) from National Food Service Management Institute: School gardening tips regarding site selection, materials, and water use; chemical, fertilizer, compost, and manure use; growing and harvesting; and serving school garden produce through school meal programs.

Find more food safety guidance on the USDA Farm to School resources page: <http://www.fns.usda.gov/farmtoschool/census#/resources>.

USDA Announces 'FoodKeeper' Application in Advance of World Health Day

The U.S. Food Waste Challenge calls on organizations and businesses across the food supply chain to join the fight against food waste. In advance of World Health Day on April 7th, the U.S. Department of Agriculture (USDA) is reaffirming its commitment to reduce food waste with the launch of a new food application. Developed by the USDA's Food Safety and Inspection Service, with Cornell University and the Food Marketing Institute, this new application informs users on how to store food and beverages to maximize their freshness and quality. By helping users understand food storage, the application empowers consumers to choose storage methods that extend the shelf life of their items. Users will be able to keep items fresh longer than if they were not stored properly. The FoodKeeper application offers users valuable storage advice about more than 400 food and beverage items, including various types of baby food, dairy products and eggs, meat, poultry, produce, seafood, and more. Every year, billions of pounds of food go to waste in the U.S. because consumers are not sure of its quality or safety. USDA estimates that 21 percent of the available food in the U.S. goes uneaten at the consumer level. USDA also estimates that at the retail and consumer level, 36 pounds of food per person is wasted each month. [Read full news release.](#)

April is National Garden Month

Nothing says springtime more than the sprouts and shoots of a garden. Secretary Vilsack has declared [April, 2015 as National Garden Month](#). The official proclamation celebrates the great American tradition of gardening at home, at school and in the community. USDA's commitment to gardening has deep roots. The [USDA People's Garden Initiative](#), was launched in 2009 and since 2,116 gardens have registered as People's Gardens in communities across the United States and its territories and in 12 foreign countries. The First Lady's *Let's Move!* Initiative has great information about starting a kitchen, school or community garden and the [Plant Hardiness Zone Map](#), developed by USDA's Agricultural Research Service, is a go-to guide for gardeners across the nation. Have a gardening question? Visit [eXtension](#) for in-depth and research-based gardening and landscape advice from your local land grant university. [Read full blog article.](#)

Fire Up Your Feet Rewards Active Families and Schools!, Spring Activity Challenge: April 13 through May 15

Fire Up Your Feet is an awards-based program of the Safe Routes to School National Partnership, aimed at encouraging families, students and schools to create active lifestyles that inspire our children to be healthy and physically active. Fire Up Your Feet offers yearly fall and spring Activity Challenges. Fire Up Your Feet Challenge Awards are unrestricted funds that directly support Safe Routes to School programs, or a school-based health and wellness initiative of the school's choice. Awards are given to schools with the highest number of students, plus parents, guardians, and school staff tracking one or more physical activities during the Challenge using the online activity tracker, divided by total school enrollment. Anyone can register and track activity for a school using Fire Up Your Feet resources! Winning is as easy as 1-2-3!

- 1) **Click It!** Register today at fireupyourfeet.org.
- 2) **Track It!** Track your physical activity using our easy online Activity Tracker. Bicycling, walking, recess—all activity counts!
- 3) **Earn It!** The more participants, the better your school's chances of winning awards that can be used for physical activity, wellness and Safe Routes to School programs!

For additional information, please refer to the attached flyer or visit: <http://www.fireupyourfeet.org>.

California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) Stakeholders' Meeting, April 27, 2015, 9:30 AM-12:30 PM

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) has announced preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. The meeting registration is now open. This meeting is applicable to all statewide SNAP-Ed stakeholders, including, but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. NEOPB has created a dedicated stakeholders' [webpage](#) and [email](#) inbox to organize and house meeting information, including registration, site details, and pertinent resources. As additional meeting details become available, they will be posted on the stakeholders' webpage. Advance registration is required. Stakeholders may participate by either registering for the in-person meeting option or registering for the webinar option.

- * **Option #1—Onsite Participation:** Register [here](#). After registering you will receive a confirmation e-mail.
- * **Option #2—Webinar Participation:** Register [here](#). After registering you will receive a confirmation e-mail containing information about joining the webinar.

CDPH NEOPB is interested in collecting questions and suggested topics/items from meeting participants. Please e-mail suggested topics/items to NEOPBStakeholders@cdph.ca.gov by 5:00 PM on Friday, April 3, 2015 with your input. Contact the Nutrition Education and Obesity Prevention Branch at (916) 449-5400 or e-mail NEOPBStakeholders@cdph.ca.gov to connect with the event organizers.

Education & Resources (continued)

Current Issues & Controversies in Nutrition, Presented by Sheri Zidenberg-Cherr, Ph.D., Jurupa Valley, CA, May 1, 2015, Deadline to Register: April 27, 2015

Learn about the current issues in nutrition today and what are science-based recommendations for optimal health. Some of the topics include:

- * Organic vs. Conventional Produce
- * Coconut Water
- * Saturated Fats and Omega-3
- * High Fructose Corn Syrup
- * Paleo Diet
- * Gluten
- * Soy
- * Sodium

Registration Fee: \$10. Space is limited. To register, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=15159>. The last day to register is April 27, 2015. Please Contact Chutima Ganthavorn, UCCE Riverside County, (951) 683-6491, cganthavorn@ucanr.edu or Drusilla Rosales, UCCE Los Angeles County, (626) 586-1948, dmrosales@ucanr.edu if you have any questions.

Farmers Market—SNAP (CalFresh) Sign-Up Event, Sacramento, CA, April 28, 2015

On April 28th, the USDA Food and Nutrition Service, in partnership with the Office of Senator Dr. Richard Pan (California 6th District), and the California Department of Social Services, will extend an exciting opportunity to certified farmers' market managers and direct marketing farmers. USDA staff will be helping market managers and farmers become authorized to accept Supplemental Nutrition Assistance Program (SNAP) benefits, known as CalFresh in California, and formerly called the Food Stamp Program. Ordinarily, the sign-up process takes approximately 45 days, but USDA staff will be able to expedite the process in a few short hours. Market managers and farmers can leave with their SNAP authorization and potentially be able to receive free point-of-sale equipment to accept Electronic Benefit Transfer (EBT) cards. This is a one-time event to start increasing sales for the summer market season while helping to expand access to California grown produce to CalFresh households. This event will be open to any farmers market or direct-to-consumer farmer in the Sacramento Valley, North Bay, and greater Gold Country region. Please refer to the attached flyer for more details. If you have any questions, please contact Brenda Mutuma (brenda.mutuma@fns.usda.gov, 415-705-1365).

Webinar: Bringing Summer Meals to Farmers Markets, April 28, 2015, 12:30-1:30 PM EST

This webinar, hosted by USDA Food and Nutrition Service, will focus on bringing summer meal sites to Farmers Markets. Summer meal sites at Farmers Markets can help increase food traffic and offer farmers another way to enhance the visibility of fresh foods or donate their products. This webinar will inform Farmers Market managers, sponsors, and the public about how to start and maintain summer meal sites at Farmers Markets and will share best practices from Farmers Markets that currently administer the program. To learn more about the Summer Food Service Program, please visit www.fns.usda.gov/sfsp. If you have any questions regarding the webinar, please contact Kristin. Caulley@fns.usda.gov. To register for the webinar, please visit: <https://usdafnsocco.wufoo.com/forms/summer-feeding-at-farmers-markets-webinar/>.

Webinar Series: Growing Roots in Farm to School in 2015

USDA Farm to School staff and guest speakers have just what you need to start or expand your farm to school program in the new year. Starting in January, 2015, this 11-part webinar series will help you build your farm to school skills and develop new strategies for bringing local foods into the lunchroom. Join us for tips and insights on topics like building a team, menu planning, program sustainability, and more! New this year: earn SNA Continuing Education Units for each webinar attended. Below is the schedule of webinars:

- * Program Sustainability, April 30, 2015, 2:00 PM EST
- * Evaluating Your Program, May 13, 2015, 2:00 PM EST
- * Tying it All Together and Digging In, May 28, 2015, 2:00 PM EST

Unable to join the webinars live? Webinars will be recorded for future reference. The full listing of webinars can be found on the USDA Farm to School website: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>. To register for any of the webinars, please visit: <https://www.surveymonkey.com/s/YMTTVNK>.

California Conference of Local Health Department Nutritionists (CCLHDN), May 27-28, 2015, Los Angeles, CA, Deadline: April 30, 2015

CCLHDN proudly invites you and your colleagues to their annual conference! The conference is open to all personnel working in: public health nutrition, local health departments, WIC, NEOP, chronic disease prevention, and nutrition programs that target low-income populations. For additional information on the CCLHDN conference, including registration information, please visit: <http://cclhdn.org/2015-conference/>.

Video Contest: Get Kids Excited About Healthy Eating, Deadline: April 30, 2015

You know it's important to teach kids [healthy eating habits](#). But getting those habits to stick can take constant reinforcement! Get tips and ideas with [games](#), [music](#), [activities](#) and [a video contest for kids!](#) Kids 2-18 are eligible to enter the contest with the help of an adult. Entering is easy:

- * [Make a video](#) of 60 seconds or less and include: an image from MyPlate, a healthy eating tip, and a favorite way to be active.
- * [Register for the contest](#) and [learn more about the prizes](#).
- * [Submit and upload your video](#).

For additional information on the video contest, please visit: <http://www.checkoutmyplate.com/about-search/>.

Funding Opportunity: Agriculture and Food Research Initiative—Childhood Obesity Prevention Challenge Area, Deadline: April 30, 2015, 5:00 PM EST

AFRI research, education, and Extension grants address key problems of agricultural sustainability at national, regional, and multi-state levels. Issues include farm efficiency and profitability, ranching, renewable energy, forestry (both urban and agroforestry), aquaculture, rural communities and entrepreneurship, human nutrition, food safety, biotechnology, and conventional breeding. Through these grants, AFRI advances knowledge in both fundamental and applied sciences important to agriculture. The grants also allow AFRI to support education and Extension activities that deliver science-based knowledge to people, allowing them to make informed practical decisions. Research, Education, Extension, and Integrated programs must increase agricultural and natural resource sustainability. The total amount available for support of this program in FY 2015 is approximately \$6 million. For additional information, please visit: <http://nifa.usda.gov/funding-opportunity/agriculture-and-food-research-initiative-childhood-obesity-prevention-challenge>.

4th Annual Healthy Lunchtime Challenge!, Deadline: April 30, 2015

Can you imagine your recipe being featured in a cookbook? Or representing your home state at a Kids' "State Dinner" at the White House this summer? If so, First Lady Michelle Obama, the U.S. Department of Education, the U.S. Department of Agriculture, and WGBH Boston invite you to enter the 4th annual Healthy Lunchtime Recipe Challenge & Kids' "State Dinner." In order to be eligible, lunch recipe submissions should follow the [MyPlate](#) nutrition guidelines: Fruits and vegetables should amek up about half of the recipe or dish, and it should also include whole grains, lean protein and low-fat dairy. Submissions must include information about how and why they were created and be: healthy, creative, affordable, delicious, and original. One recipe from each of the 50 states and territories will be chosen. And, the prize is priceless! As healthy food ambassadors for each state and U.S. territory, the winning chefs and a parent or guardian will be flown to Washington, D.C. where they will have the opportunity to attend the Kids' "State Dinner," hosted by Mrs. Michelle Obama at the White House! For additional information, please visit: <http://www.pbs.org/parents/lunchtimechallenge/home/>.

Education & Resources (continued)

Funding Opportunity: Regional Nutrition Education Center of Excellence—West, Deadline: May 1, 2015, 5 PM Mountain Time

The Regional Nutrition Education Center of Excellence—West (RNECE-West), located at Colorado State University and in partnership with Washington State University, is requesting applications for research projects that aim to improve the health of low-income individuals, especially Hispanics, through multiple strategies, including complementary nutrition education and public health approaches at the individual and environmental levels of the social-ecological framework in the Western Region (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming, American Samoa, the Federated States of Micronesia, Guam, and the Northern Mariana Islands.) For agencies and organizations outside of the Western Region, please note that the other 3 Regional Nutrition Education Centers of Excellence are also releasing RFAs. Specifically, the RNECE-West seeks applications to build the evidence base for direct education and complementary Policy, Systems, and Environment activities. Up to \$45,000 is available for each project. The RNECE-West is expecting to fund 2-3 projects. Proposals will be due 5 PM Mountain Time on May 1, 2015. For additional information, please visit: www.WRNECE.colostate.edu.

SNEB Webinar: Optimizing Nutrient Quality of Snacks, May 5, 2015, 2:00 PM EDT

With snacking on the rise across all ages and demographics, it's time we take our mini meals seriously. The average American consumes about one-quarter of their daily calories from snacks, and the most common snacks are calorie-rich and nutrient-poor. This webinar will outline reality-based solutions to help health professionals reach and motivate their clients to use snacking as an opportunity to fill nutrient gaps, optimize health and achieve their nutrition goals. The behavior economics model will be applied to improve the healthfulness of snacks and to keep energy and blood sugar levels constant throughout the day. This webinar is sponsored by the Dairy Council of California. Attendees will earn 1 CPE from the Commission on Dietetic Registration. **SNEB Members attend webinars free as a benefit of membership. Non-member cost is \$25 but the first 100 non-members to register will attend as guests of Dairy Council of California.** After registering, you will receive a confirmation email containing information about joining the webinar. To register, please visit: <https://attendee.gotowebinar.com/register/6082760373569191681>.

Funding Opportunity: USDA Local Food Promotion Program (LFPP), Deadline: May 14, 2015

The Local Food Promotion Program (LFPP), with USDA's Agriculture Marketing Service, has grant opportunities that may align with your farm to school goals! LFPP grants help a community supported fishery in Monterey, CA source local seafood for school lunch programs throughout central California. In Chicago, IL, FarmLogix, is creating an online portal to help schools coordinate relationships with local producers and distributors. In North Carolina, Maine, Rhode Island, and West Virginia, LFPP funds have supported food hubs that plan to provide food to schools. The grant program supports the development and expansion of local and regional food business enterprises to increase access to locally and regionally produced agricultural products, and to develop new market opportunities for farm and ranch operations serving local markets. Eligible entities may apply if they support business enterprises that process, distribute, aggregate, or store locally or regionally produced food products. For additional information, please visit: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5110857>.

Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline: May 29, 2015

Registration for the 8th Biennial Childhood Obesity Conference is now open. The deadline to register is May 29, 2015.

- * **Registration:** \$375.00 (January 1, 2015 to on or before May 29, 2015)
- * **Student Registration:** \$300.00 (January 1, 2015 to on or before May 29, 2015) [[Click here](#) for student verification requirements]
- * **Late Registration:** \$400.00 (after May 29, 2015) (*No student rate available during late registration period)

For additional information on the conference, including registration fees and lodging options, please visit: www.childhoodobesity2015.com. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Funding Opportunity: Kids in the Game GO! Grant, Deadline: June 1, 2015

Jumpstart more movement at your elementary school with the GO! Grant. \$1,000-\$5,000 GO! Grants support more minutes on the move before, during, and after school through funds and gear for new classroom and playground programs. Eligible schools include: Schools that are enrolled or willing to enroll in Let's Move! Active Schools; Schools with little to no organized physical activity; and Public or charter schools only. Applications are due on June 1. For additional information, please visit: <http://kidsinthegame.org/go-guidelines/>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at lmhamasaki@ucdavis.edu to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.com/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.